

LEARNING OUTDOORS

Nature offers proven benefits for mental health & wellbeing.



Studies show that contact with nature **improves children's academic performance**¹



Spending more time outdoors can **improve children's social & cognitive development, physical activity, and vision**²



A UK study found more exposure to nature translated into **more community cohesion and substantially lower crime rates**³



Physical activity **reduces the chance of experiencing depression by 10% in children**⁴



Children who make connections with nature, **become adults who value the environment**⁵



Learning in nature improves **motivation in students who are least motivated in traditional classrooms**⁶



Teachers, parents, & students report that outdoor experiences **boost self-confidence, critical thinking, and problem-solving**⁷



Outdoor education can improve student's understanding of **culture, heritage and place**⁸

1 & 2. Mason, L., Ronconi, A., Scrimin, S., & Pazzaglia, F. (2021, October 20). Short-term exposure to nature and benefits for students' cognitive performance: A review

3. Weinstein, N., Balmford, A., DeHaan, C., Gladwell, V., Bradbury, R., Amano, T. (2015, December 01). Seeing Community for the Trees: The Links Among Contact with Natural Environments, Community Cohesion, and Crime

4. Sport NZ (2018). New research confirms physical activity is tied to healthy mental wellbeing

5. Broom, C. (2017, February 16). Exploring the Relations Between Childhood Experiences in Nature and Young Adult's Environmental Attitudes and Behaviours

6 & 7. Kuo, M., Barnes, M., Jordan, C. (2019, February 19). Do Experiences with Nature Promote Learning? Converging Evidence of a Cause-and-Effect Relationship

8. Brown, M. (2013). Teacher perspectives on place-responsive outdoor education